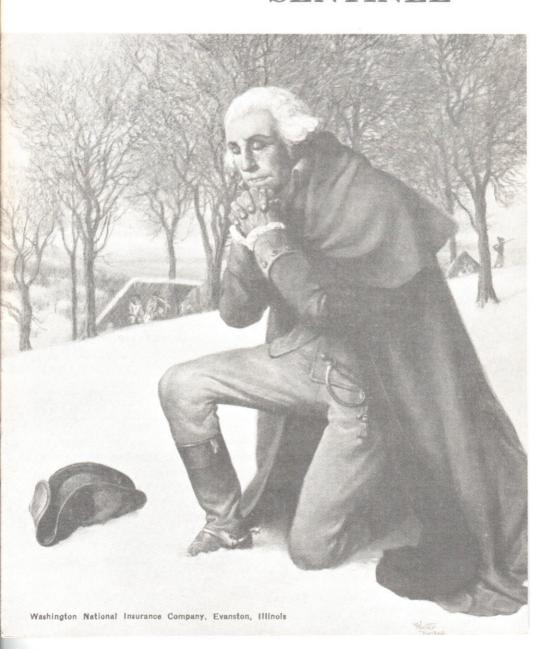
"Go, set a watchman,
Let him declare what he seeth."

FEBRUARY 1976

SABBATH SENTINEL



SABBATH SENTINEL

EDITOR: Eugene Lincoln; Contributing editors: Dr. Allen Babcock, R. D. Bradshaw, Mrs. Ruth Thomas, K. H. Freeman.

Subscriptions \$4.00 per year. Rates for foreign subscriptions or club subscriptions to one address, and wholesale prices on quantities for resale or free distribution will be quoted upon request.

ASSOCIATION OFFICERS FOR 1976-77

President, Terril D. Littrell, 1840 Falcon Dr., Cleveland, TN 37311; first vice-president, Eugene Lincoln, 106 Hiller Dr., Old Hickory, TN 37138; second vice-president, Dr. Allen Babcock, 213 N. Kirkpatrick St., El Dorado Springs, MO 64744; third vice-president, Frank Walker, 408 S. Greene St., Spokane, WA 99202; secretary-treasurer, Lawrence Burrell, Route 1, Box 197, Fairview, OK 73737; recording secretary, Mrs. Frank Murphy, Star Route 9, Box 174, Bucyrus, MO 65444.

DIRECTORS AT LARGE

R. D. Bradshaw, P. O. Box 951, Stillwell, OK 74960; Calvin A. Burrell, Route 5, Spring Vale Academy, Owosso, MI 48867; Archie B. Craig, 1924 N. Joplin Ave., Tulsa. OK 74115; Duane L. Davis, 755 S. Homer St., Seattle, WA 98108; Joseph M. McGuire, 4642 Avenue R C.P., Birmingham, AL 35208; Ruth Thomas, 1439 Park Ave., Baxter Springs, KS 66713.

The object of this non-sectarian, nondenominational association is to bring together into one strong organization all believers in the Biblical seventh-day Sabbath (Saturday) regardless of sect, creed, or denomination, for the sole purpose of spreading knowledge of, belief in, and observance of the Creator's only Holy Day. The only qualification for membership is belief in the seventh-day Sabbath.

Annual member contribution: Regular or shorting members, \$10.00; family members ship \$10.00 (individual certificates issued but one one set of records maintained and only one copy of the Sentinel and other mailings sent); supporting members, \$10.00-\$24.99; sustaining members, \$25.00-\$99.00; life members, \$100.00 or more during any one year.

In This Issue . . .

- 3 Sunday History Through the Ages
- 5 Let's Get Acquainted With President
 Terril D. Littrell
- 7 Don't Miss God's Blessings
- 8 Blue Laws-Volatile Issue
- 10 Who's Who in the Sabbath World
- 11 Arthritis and Calcium
- 15 News From Sabbath-keeping Groups
- 17 A Note From the Editor
- 20 Letters



Vol. 27, No. 2; Issue No. 229

Price 40c

Opinions in articles are those of the writers and are not necessarily endorsed by the Bible Sabbath Association.

The Sabbath Sentinel is published monthly by THE BIBLE SABBATH ASSOCIATION, an independent, undenominational organization promoting the seventh-day Sabbath of the Scriptures. Fairview, OK 73737.

Second Class Postage paid at Broomfield, CO.

Postal Employees: Please send forms 3579 to Box 2370, Denver, CO 80201.

WRITERS: Please type manuscripts double spaced and leave wide margins on all sides. Use only one side of paper. If you wish your manuscripts returned, include stamped, addressed envelope. Address to the editor, 106 Hiller Dr., Old Hickory, TN 37138. We invite manuscripts on various aspects of the Sabbath, but cannot pay for them.

I enclose			
[] \$ for members	inip and subscrip	brion to the	SABBATH SENTINEL.
[] \$4.00 for a 12-month ning with the month			
imig with the month	01		••••••
NAME			
STREET			
CITY	STATE	ZIP	CODE

Sunday History Through the Ages

JOHN KIESZ

Catholic Epistle of Barnabas

IN OUR PREVIOUS WRITING we discussed the prophesied events of the degradation of the primitive church following the Apostolic Age, and we also discussed the writings of several of the early Church Fathers. Now we shall continue in the same vein regarding several more of these, beginning with the so-called Epistle of Barnabas.

This letter or epistle is often referred to as *Pseudo-Barnabas* because it was evidently written much later and by someone other than the Barnabas of the New Testament who was a companion of the apostle Paul. It is believed by some that it was written about 130 A.D. by someone from Alexandria, Egypt.

Whoever wrote it was trying to persuade the readers that the law of Moses should not be observed. He constantly allegorized in order to derive the meaning he wanted to convey from the Old Testament Scriptures, which did much harm to sound interpretation of the Bible. The passage quoted in favor of Sunday observance reads as follows:

"... Further, He says then, 'Your new moons and your Sabbaths I cannot endure.' Ye perceive how He speaks: 'Your present Sabbaths are not acceptable to Me, but that is which I have made, [namely this] when, giving rest to all things, I shall make a

beginning of the eighth day, that is a beginning of another world.' Wherefore, also, we keep the eighth day with joyfulness, the day also on which Jesus rose again from the dead. And when He had manifested Himself, He ascended into the heavens' (*The Ante-Nicene Fathers*, Chap. XV, p. 147, 1953 edition).

Neander the historian speaks thus of this epistle:

"It is impossible that we should acknowledge this epistle to belong to that Barnabas who was worthy to be the companion of the apostolic labors of St. Paul."

And Eusebius, who was the earliest of the church historians, places this epistle in the catalogue of spurious writings.

"Among the spurious must be numbered both the books called, 'The Acts of Paul,' and that called, 'Pastor,' and 'The Revelation of Peter.' Besides these the books called 'The Epistle of Barnabas,' and what are called, 'The Institutions of the Apostles,'" (Ecclesiastical History, Book III, Chap. XXV).

Pliny's Letter to Trajan

Pliny the Younger, then Roman governor of Bythinia, wrote to the Emperor Trajan early in the second century, asking for advice as to how he should deal with the Christians. And he wrote about them, in part:

"They affirmed that the whole guilt of error was, that they met on a certain stated day, before it was light. and addressed themselves in a form of prayer to Christ, as to some god, binding themselves by a solemn oath, not for the purposes of any wicked design, but never to commit any fraud, theft, or adultery; never to falsify their word, nor deny a trust when they should be called upon to deliver it up; after which it was their custom to separate, and then re-assemble to eat in common a harmless meal" (Coleman's Ancient Christianity, pp. 35, 36).

This statement that they met "on a certain stated day" is evidence that those Christians kept a day as holy time, but it is not stated whether it was the last or the first of the week If the saints or the elect were converts through Peter's labors, as appears from 1 Peter 1:1, 2, then we may be assured that the "certain stated day" had been the seventh of the week. Justin Martyr was the foremost apologist during the second century. Born of pagan parents near Shechem, he was brought up under pagan philosophies. It is said that he was the first of the Fathers who made a systematic reading of Christianity in terms of Greek culture and philosophy. Failing to find spiritual satisfaction in any of the systems, he studied the Christian system, and professed to have there found the true philosophy which contained the essence of all truth.

During the middle of the second century he addressed his first Apology to the Emperor Antoninus Pius and his adopted sons in behalf of the persecuted Christians. Apparently he sought to soften the fury of the pagan persecutors by claiming a similarity between heathenism and Christianity. In him we find the first direct authentic reference to Sunday observance by Christians of that day. The passage usually referred to follows:

"And on the day called Sunday, all who live in cities or in the country gather together to one place, and the memoirs of the apostles or the writings of the prophets are read, as long as time permits; then, when the reader has ceased, the president verbally instructs, and exhorts to the imitation of these good things. . . . But Sunday is the day on which we all hold our common assembly, because it is the first day on which God, having wrought a change in the darkness and matter, made the world, and Jesus Christ our Saviour on the same day rose from the dead. For He was crucified on the day before that of Saturn (Saturday), and on the day after Saturn, which is the day of the Sun, having appeared to His apostles and disciples, He taught them these things, which we have submitted to you also for your consideration" (Clark's Ante-Nicene Library, Chap. LXVII, p. 185, 1953 edition).

Other Church Fathers

Others among the list of early writers are Irenaeus, who flourished during the last quarter of the second century; Tertullian, who was born in the later years of the second century; Clement of Alexandria, who died about the beginning of the third century; Origen, considered one of the most distinguished born, probably at Alexandria, about 182; and Cyprian, bishop of Carthage, who died a martyr at Carthage in 258.

Irenaeus taught that to commemorate the resurrection, the knee must not be bent on that day, and mentions nothing else as essential to its honor.

The Sunday festival in Tertullian's time was essentially the German festival of Sunday, a day for worship and for recreation.

Clement of Alexandria treats of a mystical eighth day or Lord's day. His reasons for Sunday observance are found outside the Scriptures.

Origen was a pupil of Clement, whose influence had exerted his ideas concerning the question of Sunday observance.

Cyprian, who was influenced evidently by both Justinian's and Tertullian's ideas, contented himself with the idea that circumcision on the eighth day was a type of the spiritual circumcision on the first day of the Sabbath, the Lord's Day.

Some of the early Church Fathers had been heathen philosophers, and unfortunately brought with them many of the old notions and practices. To have observed a different day after their conversion would evidently have seemed inconvenient. They hoped, no doubt, to facilitate the conversion of the Gentiles by keeping the same day they had observed, and by permitting them to continue in other pagan practices as well. Justin Martyr stands out as a prominent representative of antinomianism as regards the Sabbath.

(To be continued)

Let's Get Acquainted with B.S.A. President Terril D. Littrell

BORN MARCH 9, 1941 in Henderson, Ky., Terril D. Littrell, who has served as president of the Bible Sabbath Association International for the past four years, has been an active minister since he was 15 years old.

He was dedicated to the Lord in the Methodist Church when he was only a few months old. At that time his maternal grandmother prophesied that he would grow to be a minister. He showed keen interest in the Bible and religious matters in his early formative years, and was converted at the age of 10. At age 12 he had read the Bible through three times and always carried a copy with him to school. Before his thirteenth birthday he received his divine call to preach while meditating upon Isaiah 6:8.

He preached his first sermon in the Methodist Church at age 15 and began to seek God for a deeper experience in the Holy Spirit. During that year while preaching in Georgia he was sanctified and shouted for joy over his blessing. He began to be in popular demand among the Metho-



dists and Baptists of Georgia for youth revivals. Door after door began to open for him for a broader interdenominational type ministry.

At age 16 he received the baptism of the Holy Spirit at his home town in Kentucky and soon after was ordained by a small church of God sect with headquarters in Madisonville, Ky., and licensed to preach, administer the sacraments, and conduct funerals and marriage ceremonies. All during his high school years he conducted youth revivals on the weekends and summers. He was graduated from high school with honors in 1959.

At age 18 he was married to one of his teen-age converts Chloe Ann Johnson of Beech Creek, Ky., whose father the Rev. John Morton Johnson, had been a pioneer minister of the Pentecostal faith in Kentucky for 50 years.

The Littrells became young parents at ages 18 and 20. Their first child was a son whom Chloe named Donald, and the second child, a daughter, born a year later, whom she named Terrie Ann. The Littrells accepted their first pastorate near Calhoun, Ky., and also traveled part-time in evangelistic work.

It was in 1963 that the Holy Spirit led these two dedicated vessels to embrace the Sabbath truth. At this time the concept of Sabbath observance in New Testament order was almost totally unheard of in Pentecostal circles, and brought about no small stir among the people to whom this young couple primarily ministered. But they had a revelation and knew it — so they stuck it out. They stepped out by faith and pioneered the first Church of God in the history of Kentucky ever to keep the true Sabbath.

A door opened in Missouri for the

Littrells to pastor a church which would afford substantial financial support and the opportunity for them to go to college. They remained in Missouri for eleven years pastoring and attending school. Terril received his Bachelor of Religion degree in 1968 from Williams College, Bachelor of Science degree in 1970 from Evangel College, and Master of Arts in 1975 from Southwest State University. Chloe attended Southwest State University and the School of Health Occupations in Springfield, Mo., receiving her diploma in practical nursing. Terril taught public school in Missouri for four years.

In September, 1975, Terril was ordained a bishop in The Church of God with headquarters at Jerusalem Acres, Cleveland, Tenn., and will serve as director of the School of Ministry in Cleveland, which will be reactivated in the fall of 1976.

Bishop Littrell has been a prolific writer since his early college days, and plans to write a book entitled *The History of New Testament Judaism*. With heavy administrative duties as president of the BSA and as director of the School of Ministry, he and Mrs. Littrell plan to travel both at home and abroad spreading the everlasting gospel until the Messiah comes in the clouds of heaven or else they are called by death.

Ball-point pens bearing the message "The Seventh Day Is the Sabbath of the Lord" make excellent gifts which testify of your belief. These quality pens made by the BIC Company are only 25 cents each.

THE BIBLE SABBATH ASS'N Fairview, Oklahoma 73737

Don't Miss God's Sabbath Blessings; They're Satisfying!

Leroy Bass, Pastor Seventh Day Baptist Church, New Auburn, Wis.

Too FEW PEOPLE realize the benefits of being with Jesus in spirit on the Sabbath, probably because they are not convinced that there are distinct benefits to be gained by keeping the day holy. It seems much more beneficial to spend the day hunting, fishing, making repairs around the house, driving half the day to get home from some trip, or watching TV and drinking. To those with such an outlook, keeping the Sabbath with Jesus will seem boring, a waste of time, and the last thing any busy person would want to do. Of course, our knowlege of God and our love for God will have a lot to do with this. Where there is little love, or little knowledge of God, there is little interest in keeping a day holy; where there is a love for God, there is also an interest in receiving the spiritual benefits of the Sabbath day.

It is definitely true that "there remains a sabbath rest for the people of God; for whoever enters God's rest also ceases from his labors as God did from his" (Hebrews 4:9, 10°) This informs us that the Creator God still has benefits for His people on earth, not only every day of the week, but especially on the Sabbath day, a time set aside by our divine Maker for us to be "in the Spirit," or in beautiful communion with Him, even as John

the apostle was "in the Spirit on the Lord's day" (Rev. 1:10), and out of his Sabbath communion with His heavenly Father came revelations and visions pertaining to the events of the last days that make up our final book of the Bible, Revelation.

You and I may not have similar revelations, but when we really give God His day in adoration, praise, personally searching the Scriptures for ourselves, meditating and praying upon what we read, the Holy Spirit of God will speak to our hearts, opening our understanding, giving us thrilling insights and added meaning to passages of Scripture. This will inspire our lives with joy and peace, and guidance in the responsibilities in our daily lives upon earth so that we shall live more successful, more secure, more fruitful, and happier lives.

We are surely robbing ourselves when we misuse God's holy day for our own purposes, and we become losers of that which is really most important for us. Did you know that when we fail to enter truly into God's rest with Him on His appointed day, it is counted in heaven as disobedience? This may sound too strong, but this disobedience may well cause our spiritual downfall in this life, and even from receiving eternal life. Did you realize it is just this serious?

Think it over as you read this verse: "Let us therefore strive to enter that rest, that no one fall by the same sort of disobedience" (Hebrews 4:11). God was a lot smarter than we often give Him credit for when He included in His holy commandments the necessity for us to "Remember the sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a sabbath to the Lord your God; in it you shall not do any work...." (Exodus 20:8-10).

He knew exactly how He built us, and what we need to be physically, emotionally and spiritually in harmony with ourselves, and to be socially in harmony with Him, and with our fellowman. Through Jesus Christ, the Savior of the world, and the Holy Spirit, the Father gives us the privilege of communion with Him that is especially beneficial and meaningful on the ever-recurring weekly holy Sabbath day. I myself have found this so, and to want to shout this message to the world.

To every reader, I want to say I love you and will pray for you to decide now that you and your family will ask God to help you truly to enter God's Sabbath rest with Him, and consequently receive His wonderful blessings.

*Ouotations are from Revised Standard Version.

Blue Laws--Volatile Issue

Lawyers refer to it as Title 14, Sections 420-422.

Many merchants speak of it in unspeakable terms.

"It" is Alabama's Blue Laws – a controversial issue dating back to the Puritans and as volatile a subject today as it was two centuries ago.

The Blue Laws are not restricted to Alabama. Most states have them. The courts expect and receive numerous complaints and appeals.

In Pennsylvania, Blue Laws prohibited professional baseball games from continuing after 6 p.m. on Sundays. Many games were called at that time with the fans and players equally frustrated.

In Alabama and many other states, Blue Laws generally surface when a merchant tests the legal waters by opening on Sunday. ALLEN BEAM, editor Alexander City (Alabama) Outlook

Most of them sink into a sea of legal definitions and constitutional refrains....

The Blue Laws cover a wide spectrum of everyday life in the U.S. and, as written, reveal some antiquated thinking.

For example, stagecoaches and steamboats are permitted to operate on Sundays. It's been many moons since a stage rumbled through downtown Alexander City.

Blacksmiths are also free to shoe horses on Sunday.

Calls for revision of the Blue Laws are heard almost daily, but there have been few changes.

"The only way to change it is to bring it to the people's attention," said Assistant DA E. Paul Jones last week, as he thumbed through Chapter 76 of the Alabama Code. "If it's a bad law, it needs to be changed."

Weekend athletes may not know it, but it's illegal to participate in baseball, football, tennis, golf and other sporting events at a public place on Sundays.

It's right there in Section 421 of

Title 14, stating:

"Any person or persons who play or engage in the playing of any base-ball, football, tennis or golf on Sunday, in any public place or places where people resort for such purpose, shall be guilty of a misdemeanor and shall be fined not less than \$25 nor more than \$50."

There is a "Catch 22" in the law, however. Exempted are those cities with populations of not less than 15,000 or more than 60,000....

That means a baseball game played at a public spot could result in a lot of legal strikeouts for the participants.

Few are aware of that section of the law and it's unlikely the DA will dispatch the police to round up the "guilty" parties.

But it does tend to point out the beliefs of many that states are not keeping up with the changing times. Most Blue Laws were written decades ago, some at the turn of the century, and mirror the thinking of men long passed from the scene.

"The law starts out almost in Biblical times," said Jones. "In effect, it is enforcement of a religious principle through governmental decision."

The first paragraph states any person "who compels his child, apprentice or servant to perform any labor on Sunday, except the customary domestic duties of daily necessity or comfort or works of charity or who engages in shooting, hunting, gaming, card playing, or racing on that day . . . shall be fined not less than \$10

nor more than \$100 and may also be imprisoned in the county jail or sentenced to hard labor for the county for not more than three months."

The same lengthy paragraph exempts ice cream shops, fruit stands, florist shops and other businesses.

With America's rapidly changing society, surburban sprawl and transciency, the Blue Laws have moved out of the law books and into discussions.

The country is no longer country. Small communities are becoming large communities and businesses are moving with the people — building shopping centers, convenience stores and big profits.

That's why more and more chains are challenging the Blue Laws by opening on the traditional day of rest.

Convenience stores with small staffs rely on Sunday business to stay in business. When the big groceries open a clash is sure to occur....

Drug stores are also involved, but the drug store of today is not the pharmaceutical necessity of yesterday. Much traffic is done in more profitable items—such as ice cream, toys, shaving cream and panty-hose.

The Alabama Code recognizes this economic fact of life.

"It is a matter of common knowledge that drug stores are not limited in their stock in trade to drugs, but that they carry tobacco, cigars, candies, soaps, toilet articles and the like as well as medicines and drugs and that, in the absence of local laws, they are kept open on Sunday to sell the articles they carry."

This does not please those stores selling the same wares. In fact, many are downright angry, contending the law is unconstitutional and discriminatory. It appears the stage is set once again in the continuing battle of the Blue Laws and it's anybody's guess how it will end.

At the root of the issue is the manon-the-street.

A consumer cares not for legal terms. All he's interested in is buying a loaf of bread or a quart of milk whenever it's needed, and that includes Sundays.

"The best way to attract attention is to close all the stores on Sundays," said one Alexander City resident last week. "Then you'd see some action in a hurry."

Who's Who in the Sabbath World

Kenneth J. Holland has been editor of the Seventh-day Adventist evangelistic magazine, *These Times*, since 1957. During this period the circulation of *These Times* has risen to 200,000 and it has won several journalistic awards.

Receiving his B.A. degree from Union College at Lincoln, Neb., Elder Holland has done postgraduate work at Vanderbilt University Divinity School in Nashville, Tenn.

He began his journalistic career as copy editor at Southern Publishing Association in Nashville, later becoming assistant book editor and then associate editor of *These Times*.

Elder Holland is a frequent lecturer at writers' workshops, speaker at ministerial meetings, and a guest speaker at other gatherings. He has conducted an editorial council in Ma-



nila, Philippine Republic, for Seventhday Adventist editors in the Far East. His travels have taken him to Europe five times, to the Holy Land twice, and around the world twice. He attended the World Council meeting at Uppsala, Sweden.

He has served as a board member of Associated Church Press and member of International Platform Association, Religious Public Relations Council, Biblical Research Committee of Seventh-day Adventists, and Americans United for Separation of Church and State.

Author of numerous magazine articles, Elder Holland has also written seven books, including Journey to the Son, The Magnificent Seventh, This Day Is Yours, and A New Kind of Life.

He married the former Maurine Strom of Minneapolis, Minn., 27 years ago. They have two sons: Lawrence, who is a student at Loma Linda University Medical School in California; and Wesley, a pre-med student at Southern Missionary College, Collegedale, Tenn.

Birmingham Chapter Installs New Officers







President Terril D. Littrell installs and congratulates (left to right) Millard B. Cook, president; Mrs. Betty Jean Cook, vice-president; and Mrs. Vivian Cook, secretary-treasurer of the Birmingham, Ala., BSA chapter.

President Terril D. Littrell of the Bible Sabbath Association International, the guest speaker at the Birmingham, Ala., chapter meeting on December 14, 1975, congratulated the chapter on its first two years of work, outreach, and strength in the community, and installed the following new officers: Millard B. Cook, president; Betty Jean Cook, vice-president; and Vivan Cook, secretary-treasurer (second term).

The chapter was begun two years ago under the progressive leadership of Joseph McGuire, a Seventh Day Baptist layman and public school teacher who is presently serving on the BSA international board of directors. There were 15 members present at the chapter meeting.

Those living in the Birmingham area who wish to attend chapter meetings may contact the president, Mr. Millard B. Cook, P. O. Box 810, Jasper, Ala: 35501.



Arthritis and Calcium

by Dr. Allen R. Babcock

ONE OF THE MOST common problems of aging is the loss of calcium from the bodies of vertebrae and shafts of long bones. Dr. Sherman, distinguished American nutrition authority, says, "The ordinary diet of Americans

is more often deficient in calcium than any other element."

Around the age of 40 it makes more sense to be concerned about your bones than about graying hair. Diet (Continued on page 14)

Featuring . . .

the **GO-GO** 1

OF THE CHUF JERUSALEM ACRES,

In this age of mobility, an ever-widening challenge to the churc not come to church. This new ministry reaches out especially t It is ministry in motion. Wherever people are – street corners, places of public gatherings – there the church is, in creative, I

By Automobile



The automobile program called Nahum's Chariot Corps was instituted in 1961 by Bishop Grady R. Kent. The fleet of lettered automobiles witnesses to thousands of people daily, declaring to them that Jesus is coming soon.

By Motorcycle



The motorcycle program, called the Highway Good Samaritans, is composed of a group of ministers who ride motorcycles to provide spiritual guidance in salvation and Bible revelation to people in the cities and highways, wherever they may be. The motorcycle corps also provides assistance to motorists with disabled vehicles and in general does other such good deeds to help their fellow man.

"...I WILL SHAKE THE HEAVENS, AND THE EART

MINISTRY

CH OF GOD, CLEVELAND, TENN.

h is to bring the essence of faith to those who cannot or will brough lettered automobiles, motorcycles, boats, and airplanes. shopping centers, vacation resorts, beaches, airports, other ew ways of worship.

By Boat



The boat program, called The Church of God Navy, carries the Good News to the lakes and waterways of the nation. With many small boats and other sailing craft, those who minister in this manner enter the resort areas by water and preach the gospel to those who gather for vacation and relaxation.

By Airplane



The airplane program, called the White Eagle Fleet, has been in operation since 1948. The lettered airplanes fly throughout the United States and are used in airport demonstrations. At one time The Church of God had over one hundred aircraft with over two hundred pilots.

ARTHRITIS AND CALCIUM

(Continued from page 11)

plays an important part in bone strength. Minerals and other vital elements are stored in the bones. If the diet is deficient in these, the body calls on the reserves in the skeleton; thus the skeleton becomes weakened. All nutritionists agree that calcium is one mineral which is very deficient in the American diet. We do not eat enough green leafy vegetables, carrots, and other calcium-rich foods to supply even close to the amount of calcium needed.

A major physical disabler, osteoporosis, leaves the patient susceptible to a wide variety of painful conditions. Osteoporosis is characterized by loss of calcium from the bodies of vertebrae and shafts of long bones. As the bodies of the vertebrae begin to weaken and become compressed, disc spaces often become narrowed. resulting in nerve openings' being narrowed, which causes nerve function and circulation impairment. Organs and glands supplied by these various nerves fail to function as before. For instance, a nerve from between the sixth and seventh thoracic vertebrae may, by the narrowing of its opening, be responsible for increasing digestive problems in the aging person. As we know, each organ and gland is supplied by nerves from the spine. The possibility of a wide range of problems may be caused, or already existing problems worsened, by the degeneration of the vertebrae by osteoporosis.

Some of the major causes of osteoporosis are (1) inadequate intake. (2) poor absorption, which will lead to the same condition as inadequate intake (calcium absorption decreases with age). Comparative studies indicate that patients with osteoporosis have a calcium intake which is lower, in most cases, than those who do not have the condition. (3) Excessive calcium excretion through the feces and urine. (4) Lack of activity or immobilization, another important and seemingly progressive problem. Exercise is possibly more important in later years than in youth.

Dr. George C. Thosteson, featured in the Los Angeles *Herald-Examiner*, has this to say about our bones: "We think of our bones as being fixed and permanent, but that isn't the way it is. Our flesh and our blood are constantly being replaced a cell at a time. The same is true of our bones."

Adults need approximately 800 mg of calcium a day, and for proper absorption of calcium, you need 400 mg of magnesium and 320 mgs of phosphorus.

Another calcium problem which is common especially in the aging is calcium formation, found especially on vertebral bodies. Again quoting Dr. Thosteson, in explaining that these calcium formations are not necessarily evidence of too much calcium: "This is a very common misconception and a hard one for some reason to make adequately clear. But people need to know the answer. Start with this: calcium deposits with few exceptions do not mean that the patient has too much calcium in the system. What it does mean is that something has happened to cause some of it to be deposited in certain areas. You can eat calcium until it comes out your ears and it won't cause calcium deposits."

Why not share this magazine with a friend after you read it?

News From Sabbath-Keeping Groups

Conducted by R. D. Bradshaw

Assembly of Yahweh (Sanford, Fla.)

Elder Ed Chaffin reports that the Sanford, Fla., Assembly of Yahweh now has a radio program in central Florida over Station WTRR (1400) at 8:30 a.m. on Sundays. The radio program is called *Mission Control*.

Sabbathnics

Recently in Jerusalem, a brother who once lived in eastern Europe gave me some information about some Sabbath-keepers in eastern Europe who have been keeping the seventh-day Sabbath for about 500 years. These Sabbath keepers are called Sabbathnics. They inhabit parts of Czechoslovakia, Hungary, and Romania. In these areas, organized Sabbath-keeping groups date from the very beginnings of the Protestant Reformation.

The brother giving me the information indicated that in the days of John Huss in Bohemia, many of the protestors of that time were very close to understanding the Sabbath. It has been suggested that had not John Huss been executed at the stake, he would have accepted the Seventh-day Sabbath.

After the death of Huss, some of the remnant of his supporters (including the well known John Ziska) accepted the seventh-day Sabbath as an article of faith. The brother indicated that from the battle of Mount Tabor in 1427 until the present time, there have been seventh-day Sabbath-keepers in these areas.

Reportedly these Sabbath-keeping brethren are generally very meek, humble, and poor. They dress very modestly and conservatively – the women cover their legs and arms. They observe the annual feast days of Leviticus 23 and many eat kosher foods. They observe the Passover (memorial supper with footwashings) once a year on the evening of Abib 14.

Through these many years, the Sabbathnics have undergone much persecution for their religion. Persecution has been intense even in modern times while these areas have been under the rule of Nazi and Communist governments. Often through the years, these brethren have had to go completely underground for religious worship and services.

Today there are about three main groups of these Sabbathnics: one is in Bohemia, another is in Slovakia, and the third is in the Translyvania area. It is my understanding that these groups may constitute some of the oldest organized seventh-day Sabbathkeeping groups in the world.

BSA expresses best wishes to these brethren. Sabbath keepers should pray that they may be allowed freedom to worship now and in the future.

Sacred Name Fellowship

Elder W. A. Swearingen of the Oklahoma City, Okla., Assembly of Yah-

weh reports that Pastor Bob Mc-Bride of the Jackson's Gap, Ala., Assembly of Yahweh, and he are in the process of forming a Sacred Name Fellowship.

The Fellowship will be patterned after *The Bible Sabbath Association* with no partcular or private interpretation of doctrine being required except a belief and practice of the Ten Commandments and the usage of the Sacred Names in Hebrew. They hope to register and enroll as many Sacred Name believers as possible. Eventually, they hope to sponsor radio broadcasts, issue news and/or publicity releases, publish a Sacred Name publication, and print and publish various tracts and other literature items.

Initially they are asking for a registration fee or offering of \$5 and a monthly dues payment of at least \$1.00 from each member. Brother Swearingen advises that these funds will be properly accounted for and audited.

Brother Swearingen indicated that he personally would like to see a worldwide fellowship of saints walking in all of the statutes, judgments, and commandments of Yahweh, being founded or revolving around a nucleus of the 120, 70, 12 and seven of apostolic times.

For more information on this fellowship, write to Elder W. A Swearingen, 916 S. W. 31st St., Oklahoma City, Okla. 73109.

Seventh-day Adventists

Health conscious Sabbath keepers will be interested in two new SDA health publications.

First, the church publishes a monthly magazine called Life and Health.

If ordered before Aug. 31, 1976, the annual subscription cost is \$8. Life and Health can be ordered from any Adventist book store.

Second, the church has published a new book on food, called *Recipes for Long Life*. Single copies can be ordered at \$2.95 plus 50 cents handling each (total of \$3.45). Order from Loma Linda Foods, Department R, 11503 Pierce Street, Riverside, Cal. 92505.

Seventh Day Baptists

The September, 1975, Sabbath Recorder reported the establishment of a committee to study a reorganization of the church. We quote from the Recorder:

"General Conference voted to establish a five-member task force chaired by the executive secretary, Dr. K. Duane Hurley, 'to begin a study immediately to redesign denominational structure to more effectively meet the responsibilities, challenges, and opportunities of the Seventh Day Baptist movement in God's world."

Committee members appointed were Robert Austin, Dr. Edward J. Horsley, George Parrish, James A. Skaggs, and Mrs. Dorothy Parrott.

MARANATHA II

The gift of the Sabbath of God
Is a gem in gold days,
A promise ring of the pure infinite
wedding,

A remembrance of the love of truth.

On the unending seventh day

We are free to be with God

In Messiah, like Sabbath, the one
faithful rest.

-Sister Michele



A Note

From

the Editor

Getting to the Point

In our few spare moments we sometimes like to browse through the Guinness Book of World Records, which contains over six hundred pages of useless, but nevertheless interesting information. Did you know, for instance, that Samuel Jessup has the

world record for taking pills? From 1794 to 1816 he swallowed 226,934, according to the Guinness book (p. 43).

Recently we chuckled at a cartoon showing a boy standing outside the Guinness office, blowing a bubble much bigger than he was. It reminded us of how many folks have tried to make the pages of this book. We have even wondered if we might rate a few lines for having received the greatest number of rejection slips from editors who informed us that the manuscripts we had hopefully sent them did "not fit our needs at the present time."

But in today's newspaper we saw the craziest record yet, which will no

What Does it Take to Build an Organization?

- It takes people . . . dedicated, hardworking, people of principle . . . George and Mabel Main, Lawrence and Lottie Burrell, Clifford Beebe, Golda Gerat, Almira Butler, Ruby Babcock, Frank Walker, and Albert Gearhart . . . long distance runners. . . .
- It takes progress... constantly moving ahead with new advancements, just as the world of technology and science making possible a telegraph, a railroad...a walk on the moon!
- It takes YOU...it takes US! Working together. We've come a long way since 1945. Let's keep on being successful... Let's keep on proving that we've got what it takes to get Sabbatarians together and to reach the Christian community with the Sabbath truth.

We are badly in need of enterprising, up-to-date, progressive young people who will join us and help us achieve our goals. If you are interested in becoming more active in B.S.A. affairs, write to us immediately.

THE BIBLE SABBATH ASSOCIATION INTERNATIONAL Fairview, Oklahoma 73737

doubt find its place in the Guinness book. The retiring minister of the Birmingham Unitarian Church in Michigan set a record for nonstop preaching, speaking for 60 hours and 31 minutes on the subject "From Abraham to Augustine." This beat the previous record by six minutes.

At the close of the lengthy sermon, he held up his hands and announced, "I think that's enough for now... unless you really insist."

A voice in the congregation was heard to say, "At least make your point."

If he failed to get to the point in his two and a half days of preaching, he was not alone among ministers. The Lord has a message for this time, and most ministers are not proclaiming it. The message is this: "Remember the sabbath day, to keep it holy...the seventh day is the sabbath of the Lord thy God" (Exodus 20:8, 10).

This message needs to go to all the Christian world, for many sincere people do not know that they are keeping a day dedicated to worship of the sun rather than a day blessed and hallowed by Yahweh as a memorial of His creation.

The Bible Sabbath Association International is the only organization in the world dedicated exclusively to proclaiming the Sabbath message to the world on a non-denominational basis. We need your help in getting this point across.

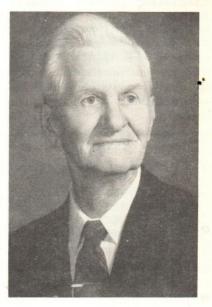
Please pray for us; help us by your prayers, contributions, and verbal support; and also help yourself by using our many services—tracts, this magazine, calendars, *Directory of Sabbathkeeping Groups*, and other things that we have for your use.

Do you get the point?

Sunset Tables Available from the BSA

Since the true Sabbath wisely commences and closes at sunsets of the sixth and seventh days of the week, our appreciation of the God-

Boosts BSA In Missouri



Missouri State BSA Representative Mr. M. O. Flanery reports that he has been working with a local Seventhday Adventist pastor in distributing BSA literature in his state.

Brother Flanery has been a member of the BSA since its inception. Because of his zeal for the cause of the association, he was appointed as Missouri state representative two years ago by President Littrell. Brother Flanery is doing a commendable work and we appreciate the good word that he speaks about the association everywhere he goes.

ordained Sabbath is greatly enhanced by accurate knowledge of sunset times through the years. The moments of sunsets change materially at different localities — a minute for each ten miles or so east and west, and somewhat less for north or south differences in location.

Bible Sabbath Association sunset tables are computed for your precise location as to latitude and longitude, and are accurate until 2,000 A.D. The cost of sunset tables computed for your specific locality is extremely reasonable. We will make the master copy for \$10 and 50 cents for each additional copy at one mailing.

Some master copies have been made and are on file at the association headquarters office. Additional copies may be ordered for \$1.00 each for one copy, and 50 cents for each multiple copy to one address. Master copies are on file for the following places:

UNITED STATES:

St. Louis, Mo.; Kansas City, Mo.; Chicago, Ill.; Los Angeles, Cal.; Cincinnati, Ohio; Atlanta, Ga.; New York, N. Y.; Detroit, Mich.; Minneapolis, Minn.; Sulphur Springs, Ark.

Eugene, Ore.; Horseheads, N. Y.; Portland, Ore.; Pomona Park, Fla.; Fairview, Okla.; Toledo, Ohio; Summer Lake, Ore.; Lost Creek, W. Va.; Salem, West Va.; San Mateo, Cal.

Tamora, Nebr.; Blountville, Tenn.; North Loup, Nebr.; Tacoma, Wash.; Kennewick, Wash.; Monitor, Wash.; Wentzville, Mo.; Haleyville, Ala.; Marysville, Wash.; Palm Springs, Cal.

Union, N. J.; Clinton, N. C.; Polo, Mo.; Gilroy, Cal.; Glen Falls, N. Y.; Loveland, Colo.; Richburg, N. J.; Clarksville, Ark.; Henryetta, Okla.; Tullahoma, Tenn.

CANADA:

Rutland, B. C.; East Black Pool, B. C.; New Westminister, B.C.; Restigouche, Quebec.

Littrell Lays Foundation for Chapter in Dallas

BSA President Terril D. Littrell arrived at the Dallas-Forth Worth, Texas, airport on November 21 and was met by Pastor Byron Price of The Church of God. That evening President Littrell was the guest speaker at The Church of God at Dallas.

On Sabbath morning he was the guest speaker at the Pilgrim Rest Assembly of Yahvah at Emory, Texas, where Elder Paul Wilds is the pastor. The BSA program was presented at both The Church of God and the Assembly of Yahvah and received enthusiastic support at both places.

On Sunday the entire day was spent by President Littrell, accompanied by Minister Byron Price, in contacting interested clergymen and laymen in the Dallas-Fort Worth area who might consider working together in organizing a local BSA chapter. Members and ministry of the following churches were contacted: Seventh-day Adventist, Church of God (Seventh Day), The Church of God (Jerusalem Acres), Seventh Day Pentecostal, Assembly of Yahvah, and Jesus Only Oneness (Seventh Day).

President Littrell concluded his visit to Dallas with a service Sunday evening, leaving with the interested brethren the application form for organizing a chapter.

Look for news soon of the formal

organization of this chapter in The Sabbath Sentinel. All interested Sabbath keepers in the Dallas-Fort Worth area should contact Pastor L. B. Price, 1158 Prairie Creek No. 227, Dallas, Texas 75217.

Littrell Speaks At Paint Rock

Guest speaker at the Paint Rock Seventh Day Baptist Church on Sabbath morning, January 3, 1976, was Bishop Terril D. Littrell, president of the Bible Sabbath Association International. The call to worship was made as Pastor Clifford A. Beebee rung the old bell in the bell tower.

President Littrell found himself among friends as he delivered the morning message, "Uniting the Kingdom of God," explaining that it is the perfect will of the Father in Heaven that we all work and worship as one body of believers.

After the message Bishop Littrell assisted Pastor Beebee in administering the sacrament of holy communion to those of the congregation. Visitors attended from the Seventh-day Adventist Church and The Church of God (Cleveland, Tenn.). A love feast in honor of the guests was celebrated after the communion service.

Now Available

The entire Bible (King James Version) on cassette tape, from the BSA circulating library. You may borrow one tape at a time for a period of 30 days when you pay the postage both ways.



Conducted by Ruth Thomas

I received my first copy of THE SABBATH SENTINEL this morning and enjoyed reading it very much.

Evangelist Erma Jones told me about your calendars and literature and I was surprised and pleased to see her picture in your magazine.

Our group had a very enjoyable visit with Evangelist Jones in Alabama. We stayed overnight and spent the Sabbath day with her, then traveled about 300 miles home.

-Patsy Moore, Texas

I received the beautiful new calendar. I want to send a donation for the radio program. I enjoy The Sentinel, and I keep all of them. They are so nice to read over.

-B. H., Oklahoma

I would like some information on your Sabbath material, as I am trying to start a true Sabbath church, like the Bible teaches us to do.

I would also like to know if you have calendars with the Sabbath marked in red.

I am studying the book that was published by Echoes from Eden; it is a wonderful book.

All information will be appreciated.

—J. H., Mississippi

Praise Jesus that we have such a loyal organization as the Bible Sabbath Association and such able leaders!

May God richly bless us all as we faithfully and effectively carry out His commandments.

–J. Mc., Alabama

There is much consideration given to the need of forming a fellowship to do together what we have many times found to be hard or sometimes impossible to do by ourselves. The feeling among those of us who talk of fellowship is that we form a "true fellowship," not another sect or denomination. We all feel that there is a need to hear from all the brethren who see the need to express their personal ideas about how we can come together in fellowship, without try-

ing to rule over one another. All letters will be considered, on a personto-person basis, then when we feel that all who are interested have written, we will offer to the general body an outline that we prayerfully hope will offer fellowship in our Saviour, without the manmade dictates of sects or denominational creeds.

-Dr. Dewey Lee Landers, Sr., P. O. Box 368 Ward, Arkansas 72176

My prayer to God, lovely people, and for our fine Pastor T. Littrell. We had a good encouraging letter from him. It makes you feel all new inside, and want to fight much harder for Christ and His holy Sabbath.

-Mrs. E. N., Oklahoma

Please continue sending The Sab-BATH SENTINEL to me as I enjoy it so

BEFORE YOU MOVE

. . . please let us know

To be sure you don't miss any copies on your Sabbath Sentinel subscription, please notify us at least six weeks before you move to your new address.

1. Present address

Attach address label from a recent issue, or print name and address exactly as shown on the label.

Code No.		
Name		
Address		
City	State	Zin

2. Fill in new address:

Name

New Address

Oity State Zip

Mail this form to: BIBLE SABBATH ASSOCIATION Fairview, OK 73737 much. Enclosed is - to pay for two years of real pleasure and enjoyment.

-D. W., Middletown., Conn. 06457

Thank you for your service. Your calendar is truly a year-round blessing.

-Mrs. M. E. C., California

ANNOUNCEMENTS

Copy must be brief. No charge will be made, but offerings to defray cost will be appreciated. The right is reserved to reject any proposed copy.

Send all copy to Bible Sabbath Association, Fairview, Okla. 73737. Information as to desire for employment by Sabbathkeeping people or vice versa, prayer requests, requests for information leading to Sabbath fellowship for isolated people, etc., will be included.

Magazines Wanted. I am interested in buying old copies of the following magazines: Plain Truth, Good News, Mt. Zion Reporter and The Faith. Write: R. D. Bradshaw, Box 951, Stilwell, Okla. 74960.

Sabbath-keeping evangelist from Nigeria, West Africa, visiting the United States is seeking a wife. I would like to correspond with a dedicated Christian Sabbath-keeping young lady age 30-35 with marriage in mind. She must be interested in doing mission work all over the world. Evangelist Imon Obong John, P. O. Box 2103 Sta. "A", Champaign, Ill. 61826.

Those interested in the Holy Name Translation of the Bible, using the sacred names of Yahweh and Yahshua instead of Lord, God, and Jesus, may place your order with the Scripture Research Association, Box 177, Mesilla Park, N.M. 88047. Att.: Mrs. Ida M. Traina.

New Record Album Available: John and Katherine Kiesz, the singing evangelists, have produced another long-play (12 songs) record album, Amazing Grace, which is a successor to their first recording, Harvest Time. A \$5 donation will bring either album to your mailing address postpaid. Address: Elder John Kiesz, 1800 N. Cambridge, Roswell, N.M. 88201.

NEW TESTAMENT JUDAISM: "Judaism Through Jesus (Yahshua) the Messiah in New Testament Order." For a detailed document about this concept write: New Testament Judaism, P. O. Box 1207, Jerusalem Acres, Cleveland, Tenn. 37311.

CONVENTION NOTICE: The fifth annual convention of the Apostolic Evangelistic Association, Inc., will be held March 7 through March 10, 1976, at the Sunset Hills Evangelistic Center, 4627 Bit and Spur Rd., Mobile, Ala. Everyone welcome. For further information please call (205) 344-4294 or write Evangelist Erma Jones, 4627 Bit and Spur Rd., Mobile, Ala. 36608.

The Church of God (Seventh Day) of Arlington, Tex., invites you to worship with us in the Odd Fellows Hall, 304 Eliot St. Sabbath School is held at 10 a.m. Write or call Frank Roberts, 913 W. Tucker, Arlington, Tex. 76013. Phone 274-4045.

Widow, 71 years of age, desires to hear from a Commandment-keeping man of similar age. Write to "Wanted," c/o Bible Sabbath Association, Rt. 1, Box 197, Fairview, Okla. 73737.

SABBATH PROMOTIONAL AIDS

Tracts and Leaflets - some 25 titles (sample copies free)

> Membership Application Cards - Free Window Decals 25¢ each

Sabbath Stamps 25¢ book

while they last - in lots of 1 dozen Sabbath Calendars for 1976 sent out for payment of postage only.

Sabbath Bumper Sticker 35¢

Directory of Sabbath-keeping Groups - \$3.50

Ball Point Pens with imprint "The Seventh Day is the Sabbath of the Lord"

1. (best) retractable point 50¢ each Two grades

\$5.00 per dozen non-retractable 25¢ each

\$2.00 per dozen

13 Lesson Radio Booklet .75¢

All Available from

The Bible Sabbath Association

FAIRVIEW, OKLAHOMA 73737

Reaching Out

In Fellowship



We reach out our hand in fellowship to all Sabbathkeepers, regardless of denominational background.

The only requirement for membership in the Bible Sabbath Association International is belief in Saturday, the seventh day of the week, as the Sabbath.

Enclose your \$10.00 for membership today.

THE BIBLE SABBATH ASSOCIATION

Fairview, Oklahoma 73737